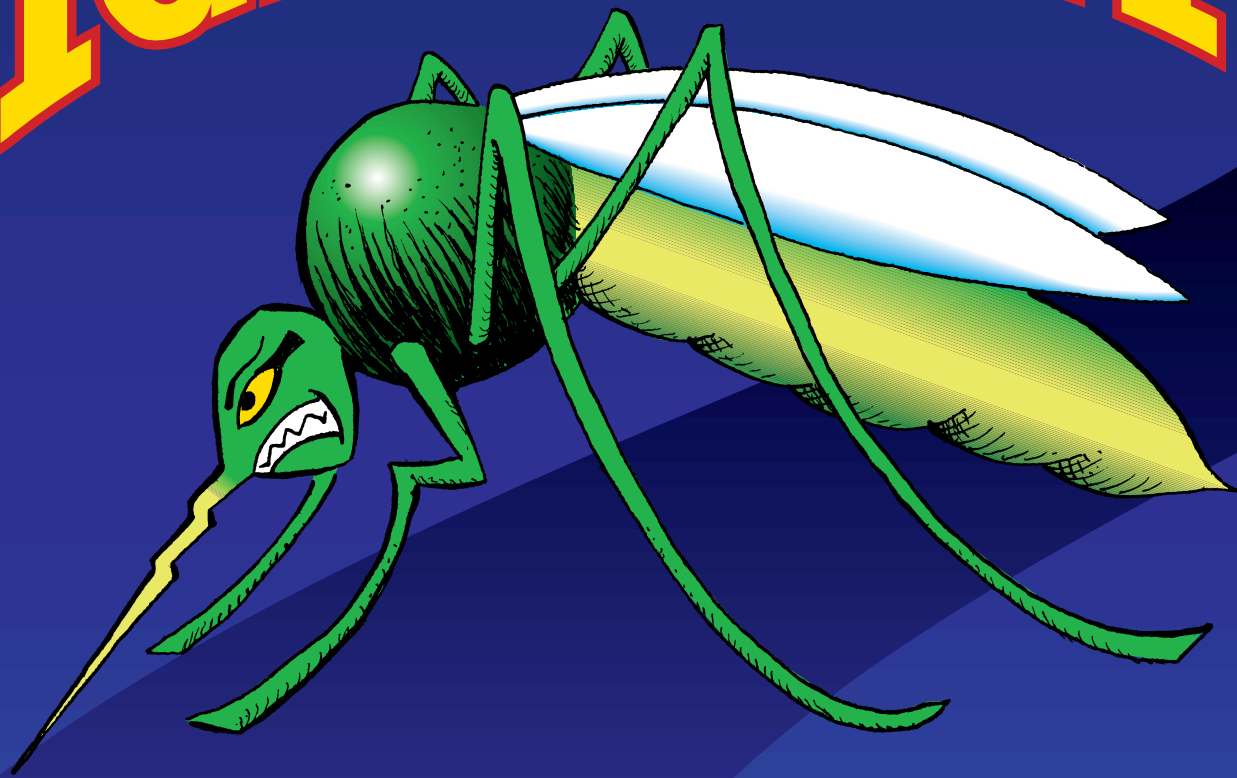


# FIGHT *the* BITE!



## WEST NILE VIRUS

**REDUCE YOUR RISK DURING OUTDOOR ACTIVITY**

### Protect From Dusk to Dawn

That is when mosquitoes that carry the virus are most active, so take precautions to prevent mosquito bites.

### Use Repellent With DEET

- Use mosquito repellents that contain DEET (N, N-diethyl-m-toluamide) when doing any outdoor activity. (Follow the label instructions carefully).
- For adults, use repellents containing DEET at 30–35% concentration. For children 2–12, use repellents containing 10% or less DEET. Do not use on children under the age of 2.

### Take Cover

- Wear protective clothing like long-sleeved shirts and long pants while outdoors.
- Use mosquito netting when sleeping outdoors or in an unscreened structure and to protect small babies any time.

### Remove Standing Water

Drain standing water, since that's where mosquitoes lay eggs. This includes tires, cans, puddles, barrels, etc.

**FOR QUESTIONS:  
contact your local health  
department or go to  
[www.health.utah.gov/wnv](http://www.health.utah.gov/wnv)**

*West Nile virus is rare, but if you have symptoms including high fever, severe headache and stiff neck, contact your health care provider immediately. Though anyone can be infected and become ill, severe illness or death is more common in people over age 50.*